

## CREDITS

There are several methods to thresh seeds and remove chaff.

Small harvests can be threshed by rubbing seed pods between your hands or against the inside of a bucket, causing pods to break open.

For larger harvests, place seed stalks in large tubs or on tarps and tread on them. Discard stalks after seeds are dislodged.

Screen and winnow remaining material to remove chaff.

After removing chaff, place in container.

Store in dry, cool conditions for 5-6 years for best germination results.



<https://www.seedsavers.org/prize-choy-organic-asian-green>

<https://www.seedsavers.org/mizuna-organic-asian-green>

<https://www.rareseeds.com/japanese-giant-red-mustard-greens>

<https://www.seedsavers.org/learn#growing-guides>

<https://www.chinasichuanfood.com/quick-fry-bok-choy/>

Bok Choy seed pod: <http://www.tinygreenhands.com/harvesting-bok-choy-seeds/>

Seed harvesting and chaff: <http://www.godsgrowinggarden.com/2012/08/saving-seeds-greens-kale-collard-bok.html>

### RPLMN.ORG/SEED



Plan a seed.

**Backyard Bounty Urban  
Homesteading Meetup**

*History Center*  
of Olmsted County



## GREENS

**Bok Choy "Prize Choy"**  
(*Brassica rapa*)

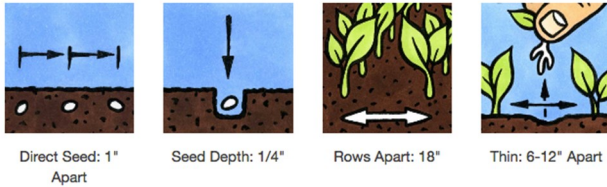
**Mizuna "Asian Green"**  
(*Brassica rapa* var. *nipposinica*)

**Mustard Greens  
"Japanese Giant Red"**  
(*Brassica juncea*)



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## HOW TO GROW



Direct sow outdoors in gardens or containers after the last frost, in full sun or partial shade. Seeds germinate in 4-7 days when soil is kept moist.

Cooler growing temperatures help prevent plants from flowering early. Container plants will benefit from shade on hot days.

A second crop can be planted for fall harvest in late summer.

## HOW TO HARVEST

Harvest Bok Choy when heads have formed, about 45-50 days after planting.

Mizuna and Mustard leaves are harvested like loose-leaf lettuce. Baby leaves at 21 days, and mature leaves 40 days from planting.

Harvest in early morning or evening and immerse in cool water to prevent wilting. Refrigerate in plastic bags with a paper towel to absorb moisture and help keep leaves dry. Use within a week of picking.

## HOW TO EAT

Bok Choy has a mild flavor and contains more calcium than dairy products or other vegetables. Separate leaves for salads or chop for stir-fries. Bok Choy can also be a healthy addition to smoothies.



Mizuna and Mustard have a spicy flavor and can be eaten as baby lettuce in salads or sandwiches when leaves are smaller than 4 inches. Larger Mizuna leaves may be bitter. Remove the midrib from larger leaves before adding to soups and stir-fries. Cooking greatly reduces the size of volume of the leaves. Mustard greens can be stir-fried or pickled.



## HOW TO SAVE SEED

### RATING: EASY WITH PRECAUTIONS

Bok Choy, Mustard, and Mizuna are all annuals and insect pollinated. Because they are the same species, Bok Choy and Mizuna will cross-pollinate with each other if not isolated. It is recommended that only one be grown for seed at a time.

Let seeds dry on the plants and gather seed from as many plants as possible.

Harvest seed pods when they turn grey or beige, collecting closed pods to avoid scattering seeds. Fully dried seeds are hard, and will not dent with a thumb nail.

